

Protect yourself from Zika, Dengue, Chikungunya and West Nile virus.



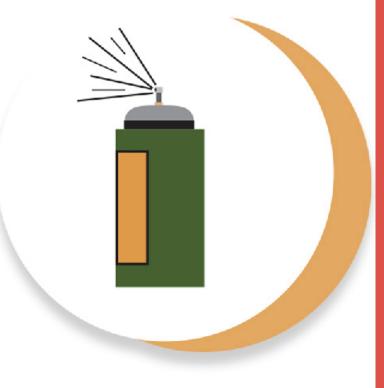
COVER

Wear long sleeves, pants, and socks. Place mosquito netting over infant carriers, cribs, and strollers.



Empty containers that can hold water such as buckets, birdbaths, flower pots and toys.





PROTECT

When outdoors, wear an EPA-registered insect repellent and use according to label.



Don't feed the storm drains! Sweep up lawn clippings and leaves.





MAINTAIN

Install or repair screens on windows and doors. Use air conditioning, if possible.

More information at: www.hcphtx.org/Zika

